

Golden Honey Herbal Elixir

Ingredients:

cinnamon, ginger, turmeric, black pepper and honey.

Benefits:

Highly effective in controlling Blood Sugar and immune function

Anti-viral

Antibacterial

Anti-inflammatory

Digestive issues

Respiratory issues

Controlling cognitive health and brain function

Controls cholesterol and high blood pressure

Great to take during cold and flu season.

Dosage:

Teaspoon in tea, smoothies, salad dressing, tea or just take a teaspoon. Great tasting.

How To Make Golden Honey Herbal Elixir

- 1- tablespoons of cinnamon
- 1- tablespoons of ginger
- 1- tablespoons of turmeric
- 1- tablespoons of black pepper
- 2- cups of honey

Instructions:

Mix dry ingredients and add to honey. Mix well and store in sealed (vacuum seal) mason jars. I used ½ pint jars and left ¼ inch Headspace.

Yield- Makes 2 each 1/2 pint jars.

NOTE: You can double or triple the recipe or make as much as you want. I doubled the amount of Cinnamon, Ginger Turmeric and Black Pepper and made sure that the honey completely covered the ingredients. It made a thick paste that I use a teaspoon in my morning coffee. It melts or dissolves (not all the way) in the coffee. I swish it around in the mug until I've consumed all of the Elixir.